

4 + 4 (ECAP):**HIGH SCHOOL**

Place Label Here:

Student Last Name**Student First Name****CH ID #****SAIS ID #**

Freshman Yr:	Date of ECAP 1 _____	Counselor _____	Date of ECAP 2 _____	Counselor _____
Soph Yr:	Date of ECAP 1 _____	Counselor _____	Date of ECAP 2 _____	Counselor _____
Junior Yr:	Date of ECAP 1 _____	Counselor _____	Date of ECAP 2 _____	Counselor _____
Senior Yr:	Date of ECAP 1 _____	Counselor _____	Date of ECAP 2 _____	Counselor _____

4-YEAR HIGH SCHOOL PLAN

<u>Freshman</u>	<u>Sophomore</u>	<u>Junior</u>	<u>Senior</u>

4-YEAR HIGH SCHOOL PROGRESS***ENGLISH (4 Credits)**

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IN CREDIT
 PROGRESS EARNED

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MATH (4 Credits)

(4 Credits for University Admission)

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SCIENCE (3 Credits)

(3 Credits for University Admission)

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HEALTH (Optional)

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IN CREDIT
 PROGRESS EARNED

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AMER.CULTURE/COLL PREP

**Requirement for GEAR UP students only

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IN CREDIT
 PROGRESS EARNED

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FINE ART / CTE (1 Credit)

(Must be Fine Art for University Admission)

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 PROGRESS EARNED

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SOCIAL STUDIES (3 CREDITS)

(1 Credit for UnivAdmin + Amer History)

(.5) World History / Geog 1
 (.5) World History / Geog 2
 (.5) US AZ History 1
 (.5) US AZ History 2
 (.5) Government _____
 (.5) Economics _____

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 PROGRESS EARNED

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ELECTIVES (7 Credits)

(Inc 2 Yrs of same foreign language for Univ. Adm)

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Planning & Progress

My Progress

<u>9th Grade</u>	<u>10th Grade</u>	<u>11th Grade</u>	<u>12th Grade</u>
*Post HS Plan:	*Post HS Plan:	*Post HS Plan:	*Post HS Plan:
Cumulative GPA:	Cumulative GPA:	Cumulative GPA:	Cumulative GPA:
Career Goal /Interest:	Career Goal /Interest:	Career Goal /Interest:	Career Goal /Interest:
	PSAT Score: Test Date:	PSAT Score: Test Date:	ASSET Scores: (CC placement) Test Date:
Explore Results:	PLAN Results:	ACT Scores: Test Date:	ACT Scores: Test Date:
Test Date:	Test Date:	SAT Scores: Test Date:	SAT Scores: Test Date:
	ASVAB Results: Test Date:	ASVAB Results: Test Date:	SAT Subject Scores: Test Date:
			Other Results: Test Date
	Math Reading Writing	(if applicable)	(if applicable)
AIMS Results:		Math Reading Writing	Math Reading Writing

* Choose one:

★ *Attend a 4-Year University*

★ *Start at Community College & Transfer to a University (2+2)*

★ *Complete a 2-Year Degree at a Community College*

★ *Attend a Vocational / Technical Institute*

★ *Enlist in the Military*

★ *Work*

★ *Other*

★ *Undecided*

My Volunteer / Community Service:

Organization Name	Address & Phone	Dates of Service	Description of Service
<i>Supervisor:</i>			
<i>Supervisor:</i>			
<i>Supervisor:</i>			

My Employment History:

Company Name	Position/Title	Address & Phone	Employment dates	Job Duties
<i>Supervisor:</i>				
<i>Supervisor:</i>				
<i>Supervisor:</i>				

Suggested Planning Timeline

<u>9th Grade Checklist</u>	<u>10th Grade Checklist</u>	<u>11th Grade Checklist</u>	<u>12th Grade Checklist</u>
<p>August Apply for a social security number if you don't already have one. Start a file for your HS report cards, awards, achievements, etc. Establish a flexible schedule which allows for study time, extracurricular activities, and your other interests. Use a daytimer or calendar to help with organization.</p> <p>September Meet your guidance counselor. Talk about your future goals and career interests. Plan a four schedule of classes which will help you meet your postsecondary goals.</p> <p>October If you've been wanting to start something new, now is the time. Join school clubs, try out for sports if you haven't already done so.</p> <p>November Work hard to achieve good grades. C's, D's, and F's will have a far reaching effect. Start thinking about the elective classes you would like to take next year.</p> <p>December Talk to parents, teachers, and classmates about the classes you are interested in taking for next school year. Look into the NCAA requirements with your counselor if you want to participate in athletics in college</p>	<p>August Re-evaluate your high school plan to make sure you are on track for graduation. Review your course selections to make sure you are meeting college requirements. Ask your counselor if honors level classes are good for you. Update your personal file. Get involved in school and community activities.</p> <p>September Visit the counseling office and career center to explore college catalogs and other materials. See your counselor and sign up to take the PSAT. Join school clubs, try out for sports if you haven't already done so.</p> <p>October Take the PSAT Test. Draw up a list of careers that interest you and determine the best post-secondary path to achieve them.</p> <p>November College fairs can be a great way to "see" many schools at once. Try www.nacac.com, or talk to your counselor. Start thinking about the elective classes you would like to take next year.</p> <p>December Discuss you PSAT results with your counselor, and figure out how to make improvements if needed. Talk to your parents, teachers, and classmates about the classes you are interested in taking for next school year.</p>	<p>August Get serious about your schoolwork if you haven't already; junior year grades are extremely important as is the rigor of your coursework. Visit the Counseling Office and get a schedule of test dates for ACT and SAT college entrance exams. Re-evaluate your high school plan to make sure you are on track for graduation.</p> <p>September Register to take the PSAT exam. Attend college fairs or send for college materials. Keep a folder for each post-secondary school in which you are interested.</p> <p>October Take the PSAT to practice for the SAT and to qualify for scholarships from the National Merit Scholarship Corporation.</p> <p>November Talk to your parents about your postsecondary plans. A private school that seems more expensive on paper may actually be more affordable with financial aid. Also, check out community colleges for vocational/technical programs. They have many excellent programs and are quite inexpensive. Start thinking about the elective classes you would like to take next year.</p> <p>December Review your PSAT scores with your counselor. Talk to your parents, teachers, and classmates about the classes you are interested in taking for next school year.</p>	<p>August Continue to work really hard this year. Don't slack off on your school work. If necessary, register to retake the ACT/SAT exams. Review your final post-secondary school choices with your counselor. Obtain application forms and complete them by the appropriate deadline or by Nov. 1st, whichever is earlier.</p> <p>September Continue working on post-secondary applications. Start applying for scholarships; check the internet and school scholarship bulletin. If you want to take ACT or SAT again sign up now.</p> <p>October Continue working on applications and researching scholarships. Begin assembling documents for financial aid applications; see your counselor for a list of specific documents that you will need. Go to www.fafsa.ed.gov to secure a pin number. Everyone going on to postsecondary education should file a FAFSA.</p> <p>November Continue working on applications and researching scholarships. Complete and mail in all your applications for postsecondary schools. Obtain recommendation letters from teachers if needed.</p> <p>December Begin working on your FAFSA with your parents, but do not submit until after January 1st.</p>

Planning & Progress

<u>9th Grade Checklist</u>	<u>10th Grade Checklist</u>	<u>11th Grade Checklist</u>	<u>12th Grade Checklist</u>
<p>January Take some time to really think about your postsecondary options. What career would be best for you? Will it require attending college?</p> <p>February Colleges want to see passion and commitment. If there is something that excites you, explore it; don't wait until junior or senior year to start building your resume. Start doing volunteer work. If you haven't joined in clubs or activities, do it now!</p> <p>March Stay focused on being organized and getting the best grades you can. If you need help, talk to your teachers and counselor.</p> <p>April Take time to research careers and to learn more about yourself, so that you can select a career that is right for you. Career goals can and will change, but start the planning process now.</p> <p>May If you are old enough to get a summer job, try it out! If not a job then volunteer in the community through churches and the Chamber of Commerce.</p> <p>June Read at least two books during the summer. Learn new vocabulary words. Vocabulary skills come in handy on college entrance exams.</p>	<p>January Explore an online program for careers and postsecondary schools information. Re-evaluate your high school plan to make sure you are on track for graduation. Review your course selections to make sure you are meeting college requirements.</p> <p>February Join school clubs, try out for sports; do volunteer work in the community. Keep a record of the hours you volunteer, the organization, and describe the kind of volunteer work that you do.</p> <p>March Update your personal file and start working on a resume. See your counselor or English teacher for suggestions.</p> <p>April You may want to find web sites that offer sample ACT and SAT tests. Take the tests and then talk to your teachers regarding questions you did not answer correctly.</p> <p>May Get a summer job if possible; continue to do volunteer work</p> <p>June Read at least two books during the summer. Learn new vocabulary words. Vocabulary skills come in handy on college entrance exams.</p>	<p>January Re-evaluate your high school plan to make sure you are on track for graduation. Review your course selections to make sure you are meeting college requirements. Pick up review materials for the ACT and SAT exams and start using them. Sign up to take the May/June ACT and /or SAT college entrance exams. Begin investigating financial aid by going online to: www.fastaid.com www.finaid.com www.usnews.com</p> <p>February Continue reviewing for the ACT and SAT exams. Continue to work hard to achieve the very best grades that you can</p> <p>March If possible, use an electronic system to explore post-secondary school majors and choices. Start narrowing your choices. You should have at least three or four.</p> <p>April Register to take the ACT and/or SAT college entrance exams in May and June. Remember that once you request your scores be sent to postsecondary schools, those schools will receive scores for every ACT and/or SAT exam you take.</p> <p>May-June-July Find a summer job that will boost your skills or your savings. Continue researching scholarships. Start working on your college and scholarship essays. See you counselor before you leave school for sample topics.</p>	<p>January File all federal financial aid forms and apply for state aid. Verify that all your application materials have been received. DON'T give in to "senoritis". Do you want to live on campus? If so, when is the on-campus housing applications due? Also find out when you can sign up for Orientation.</p> <p>February Check with your postsecondary schools to make sure that they have all the documentation that they require. Follow up immediately, if additional information/documents are requested. Make sure to submit your completed FAFSA by the end of the month.</p> <p>March Continue to look for sources of financial aid.</p> <p>April By now you should have received most of your decision letters. Talk to your counselor and parents and then make your final choice. Notify the schools you have not selected to let them know you have made another choice.</p> <p>May Have your high school send your final transcript to the school you have chosen</p> <p>June Make sure you know when tuition and room and board payments are due. Be sure to pay them on time. Participate in Summer Orientation if provided.</p> <p>GOOD LUCK WITH YOUR FUTURE!!!</p>